

ABSTRACT

A STUDY ON CLINICAL PROFILE OF CHILDHOOD ASTHMA AND ITS COMORBIDITIES

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BACKGROUND :

Bronchial Asthma has varied presentations in children and its global prevalence is increasing in children. It has many risk factors and also associated with various comorbidities. We aimed at studying clinical profile of childhood asthma in a tertiary care centre and its comorbidities.

METHODS :

This is a prospective study involving 202 children who were diagnosed to have asthma as per GINA Guidelines. Data were collected from all children as per the proforma and they were followed up for a period of one year. Risk factors, exacerbations requiring hospitalization, details of management and associated comorbidities were collected and studied.

RESULTS : Among the 202 children included, 131 were males and 71 were females. 46% of children were in age group of 5 to 9 years, while 32.2 % were below 5 years and 21.8% were above 10 years, 56 have mild intermittent asthma, 65 had mild persistent asthma, 63 had moderate persistent asthma, and 18 had severe persistent asthma. 36.6

% of children had history of being exposed to dust, 12.9 % of children had pet animals at home and 11.9 % were exposed to passive smoking at home. 44.6 % had family history of asthma. In our study, allergic rhinitis was observed in 45 children, whereas atopic dermatitis was seen in 38 children. 47 children were started on prophylactic inhaled corticosteroids in whom 16 children had exacerbation while others had well controlled asthma with statistical significance.

CONCLUSION :Children who had exposure to aeroallergens and family history were found to be at more risk of developing asthma. Children who were on prophylactic ICS were found to have well controlled asthma.